

**HUBUNGAN ANTARA *SELF EFFICACY* DAN *SELF MANAGEMENT*
PADA INDIVIDU DENGAN DIABETES TIPE 2 DI INDONESIA**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-efficacy* dan *self-management* pada individu dengan diabetes tipe 2 di Indonesia. Penelitian ini menggunakan 48 individu dengan diabetes tipe 2 (30 perempuan, 18 laki-laki). Instrument penelitian ini menggunakan skala *self efficacy* dan skala *self management*. Skala *self efficacy* terdiri dari 33 item dan skala *self management* terdiri dari 23 item. Hasil menunjukkan bahwa *self efficacy* berkorelasi secara positif signifikan pada *self management* ($r= 0.471$, $p= 0.001$; $p<0.01$). Subjek dengan *self efficacy* tinggi memiliki *self management* yang baik di *medication*, diet, monitoring, olahraga, kontrol rutin ke dokter, dan pengambilan keputusan. Penelitian menunjukkan bahwa lebih dari setengah subjek memiliki *self efficacy* yang tinggi sehingga mereka memiliki tingkat *self manajemen* yang baik dan hanya 5,8% yang memiliki *self efficacy* rendah. Tambahan, Usia berkorelasi positif dan signifikan dengan *self efficacy* ($r= 0.307$, $p= 0.034$; $p< 0.05$). Akan tetapi, usia tidak berkorelasi secara signifikan dengan *self management*. Secara umum, subjek memiliki kontrol diabetes; mereka memiliki *self efficacy* yang tinggi, dan perilaku *self management* yang optimal. Oleh karena itu *self efficacy* dan *self management* menjadi komponen dasar bagi pasien untuk menjalankan program diabetes.

Kata kunci: *Self Efficacy*, *Self Management*, Diabetes, dan Diabetes Tipe 2.

**THE RELATION BETWEEN SELF EFFICACY AND SELF
MANAGEMENT IN INDIVIDUALS WITH TYPE 2 DIABETES IN
INDONESIA**

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ABSTRACT

The research aimed for knowing the relation between self efficacy and self management in individuals with type 2 diabetes in Indonesia. This research involved 48 individuals (30 women, 18 men) with type 2 diabetes. The used instruments were self efficacy scale and self management scale. The self efficacy scale consists of 33 items and self management scale consists of 23 items. Result showed that self efficacy was positively correlated with self management ($r= 0.471$, $p= 0.001$; $p<0.01$). Subject with higher self efficacy had better self management in medication, diet, monitoring, exercise, medical appointment, and decision making. The research showed that more than half of subjects had higher self efficacy and they had good self management and that only 5.8% had low self efficacy. In addition, age was positively correlated with self efficacy ($r= 0.307$, $p= 0.034$; $p< 0.05$). But, age wasn't significantly correlated with self management. In general, subjects have diabetes controlled; their self efficacy was high and they had optimal self management behaviors. Therefore, self efficacy and self management for patients are essential components of diabetes programs.

Keywords: Self Efficacy, Self Management, Diabetes, and type 2 diabetes.

